



Equipment: A good resource is Amazon



Exercise Ball

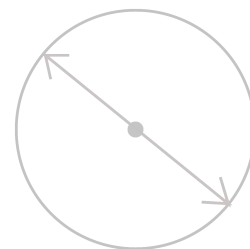
(TDP will have a limited number to share)

Also know as a 'Swiss Ball' or 'Fit Ball' Using your height to size up your ball

When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it.

When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first.

Height	Ball Size
Under 4'8"/142cm	45cm ball
4'8" to 5'3"/142-160cm	55cm ball
5'4" to 5'10"/160-178cm	65cm ball
5'10" to 6'4"/178-193cm	75cm ball



For children who are 5 years and younger, always use a 45 cm ball.

****The measurement of the ball is diameter (measuring from what side of the ball to the other)**

https://www.amazon.com/Exercise-Ball-Yoga-Ball-Fitness/dp/B01oMVAJZ2/ref=sr_1_1_sspa?crid=1OOF2ERLSVV6N&keywords=exercise+fit+ball&qid=1655838866&srefix=exercise+fit+ball,aps,156&sr=8-1-spons&spLa=ZW5jcmlwdGVkUXVhbGlnaWVyPUExVlQwM1pOWjhUTkhEJmVuY3J5cHRlZElkPUFwNDA3MzMzMjUyBVjRSST'E3RTlWJmVuY3J5cHRlZEFkSWQ9QT'AwNDI3NT'ExV1NMSVU1OEdBUVRLLJndpZGdlldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlna1JlZGlyZWNoJmRvTm90TG9nQ2xpY2s9dHJ1ZQ&th=1&psc=1



Fusion ball

It is recommended the ball that has a stopper so you can take air out and add air in.

Size: Between 20-23cm in diameter or closest to 54xm (22") incircumference (measurement around the ball)

https://www.amazon.com/gp/product/B071WQTXZW/ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&p_sc=1

Theraband

Please make sure your theraband will be 6" wide and 9ft long.

https://www.amazon.com/Coolrunner-Elastic-Exercise-Resistance-Physical/dp/B07Q2T66FX/ref=sr_1_5?crid=2LL9TN54ZABXI&keywords=extra+long+resistance+bands&qid=1640368395&srefix=extra+long+resistance+%2Caps%2C132&sr=8-5



Racquetball

Highly recommended over the lacrosse ball. Do not use a tennis ball.

Size is approx. 8" or 20.5cm in circumference (measurement around the ball). Or 6.3cm / 2.5" in diameter

https://www.amazon.com/dp/B005VQBXV8?psc=1&ref=ppx_pop_dt_b_asin_title

Yoga Mat



https://www.amazon.com/dp/B00FO9ZRZK/ref=twister_B017198D8S?asc_campaign=&asc_source=&asc_refurl=https%3A%2F%2Fwww.self.com%2Fgallery%2Fbest-yoga-mats&tag=self01b-20&ascsubtag=5e835cb652c28500098d5afa&th=1